



Visit the Languedoc with Princess & Bear Organised by Vin en Vacances

I am delighted that Steve & Carol at **Princess & Bear** have asked me to partner with them for this exciting event in the Languedoc. As the owner of the leading vineyard tour company in Languedoc I know how to look after people and arrange some of the best wine & food tour itineraries in this region and I have a great program planned for you.

The main **Princess & Bear** events will be taking place over the weekend of October 8th to 10th and I suggest you base yourselves in the beautiful city of Carcassonne. I have arranged some lovely quality B&B accommodation for you in the heart of the town where there are plenty of cafes and great restaurants. Here is a link to a blog I have written about the places to stay. [Places to Stay in Carcassonne](#). Accommodation in the countryside can also be arranged if you prefer such as the self-catering holiday accommodation in my blog about [Château Canet](#)



The Main Program – Friday 8th October to Sunday 10th October

You should aim to arrive in Carcassonne by Thursday 7th October so that you are ready to join us for 3 full days in the beautiful Languedoc. We will provide all the transport from Carcassonne to each daily event and below is what is included along with the price:

Friday October 8th – Join Carol and Steve for a vineyard tour followed by dinner. We will meet the winemaker and tour her vineyards.

This event begins at 2pm where you are invited to join Carol & Steve at one their favourite wineries to meet the wine maker and taste the wines. As we drive you through the beautiful countryside to the winery your guide will introduce you to the Languedoc and start to tell you the fascinating story of this region which will be slowly revealed throughout the weekend. After meeting Steve & Carol and the wine maker and tasting the delicious wines produced at this winery, we will drive you to the medieval village of Caunes-Minervois to meet Marcel and his wife Petra who will be cooking a delicious meal for you paired with Languedoc wines.

Saturday October 9th – Learn About Languedoc Wine & the Princess & Bear Evening Event

The day begins when we pick you up at 9:30 and transport you to our tasting room where you will enjoy a couple of hours learning about the Languedoc wines and tasting a great selection.



During the course of the morning, you will learn how to taste wine and describe it, the important grape varieties in this region plus the magic of 'Terroir' and how it effects the style of a wine.

After a delicious Languedoc Lunch, we will drop you back to your B&B for some free time and will collect you again in the early evening and transport you to the village of Quarante where Carol and Steve live and where they have a fabulous evening of food & wine & music planned for you in their home. This annual special evening is joyfully offered to you complementary by Steve and Carol to thank you for being a Mediterranean wine club member and a special friend of Princess and Bear Wines. Transport back to Carcassonne after the event is included.

Sunday October 10th – Wine Making & The Minervois

Today we are going into the Minervois wine region to learn how grapes are grown and transformed into wine. To do this we will be visiting Vignoble Puy, one of our favourite small, independent and organic wine producers. Next stop is the beautiful ancient village of Minerve where we will enjoy a great lunch at one of the best restaurants in the region. Afterwards there will be some free time to explore the village or you can stroll with me whilst I tell you the story of the Cathar Crusade and the Cathars who took refuge in this village. The day finishes with another winery visit organised by **Princess & Bear** before we take you back to your B&B in the early evening.

Price

These 3 fabulous days are a wonderful immersion into Languedoc life, the culture, the history and the food & wine. The price per person including quality B&B accommodation ranges between €825 and €945 depending which B&B and room standard you choose. The price includes:

- B&B accommodation for 4 nights commencing 7th October
- Transport throughout the 3 main event days
- Lunch on day 2 and 3 and dinner on day 1
- One of the Vin en Vacances guides to drive and guide you
- Cost of tastings and visits

Extending your Stay

The Languedoc-Roussillon is an almost undiscovered part of southern France. Tourism has not taken over here and in fact I like to call it 'The Real South of France'. It's much less populated than Provence, its neighbour to the east but just as beautiful. There are hundreds of ancient villages, castles and abbeys waiting to be explored plus a rich history including the Cathar Crusade. So, if you have time and would like to linger longer, we welcome the chance to show you around with a range of tour suggestions as follows:

No 1 - Thursday October 7th – Explorations of Carcassonne and the village of Lagrasse

Today you join Carlos our fabulous history guide who will take you for a guided walk around the medieval fortress of La Cité de Carcassonne. You will learn much of the history of this famous walled city including its role during the Cathar crusade. If you would like to spend the entire day in the company of this knowledgeable guide the next stop is a drive to one of the 'Plus Beaux Village de France' called Lagrasse set in the stunning countryside of the Corbières. Here you will enjoy a delicious lunch and later take a guided stroll through the village to the abbey where monks still pray and work dressed in their white habits. Before heading back to Carcassonne Carlos will take you to taste artisanal vinegars and olive oils.

No 2 - Monday October 11th – A Traditional French market and a visit to Château de Montségur

Mirepoix is a small town built in the 11th century. It's a beautiful place to spend a morning especially on a Monday as that is market day, and this is one of the best markets in the region. After strolling the market and visiting the fabulous cathedral we will enjoy lunch at one of the traditional restaurants before heading to **Château de Montségur** which was the last refuge of the Cathars. You will be accompanied by Carlos our history guide who will tell the story of the Cathars and how this castle became their last stronghold and what happened here 800 years ago.



No 3 - Tuesday Oct 12th – Narbonne and the Mediterranean Sea

Today we finish this fabulous exploration of the Languedoc with a visit to the city of Narbonne which was once the capital of Roman Gaul. Carlos will regale you with the history of the city and during the tour you will also have the chance to see the covered market and enjoy a foodie tour. From Narbonne we head to the coast and to our favourite sea food restaurant which stands beside the salt pans that are fed with water from the Mediterranean Sea. Lunch will be a feast of oysters and shrimp followed by freshly caught fish baked under a salt crust. We finish the day with a winery visit to taste the wines that grow in the ancient Roman vineyards.

The above day trips can be taken as private day tours or if at least 6 people would like to join together each day, the tours will cost €125 per person per day. I can also arrange for your stay at the B&B to be extended which will cost between €75 and €110 per night per couple.

Is there anything else you would like me to arrange for you? Almost anything is possible from a day exploring antique shops to a private cruise along the Canal du Midi. So if there is anything you dream of doing in Languedoc please let know.

I hope you will be excited about the 4-night, 3-day main trip to Languedoc with Princess & Bear and I also hope you will wish to extend your stay and join us on other trips too. So, if you are interested, please email me no later than **August 5th** at wendy@vinenvacances.com giving me the following information:

- Names
- Date you will arrive in Carcassonne
- How many nights would you like to stay?
- Confirm that you will be joining the 3-day main event and if you would you like to add on any further trips and if so which ones?
- Do you have any special dietary requirements?
- Is there anything else you would like me to arrange for you?

The Independent Traveller

For those of you who would prefer to self-drive and take care of your own accommodation you can of course still join all the fabulous tours we have planned. If that is the case please let me know which tours or sessions you would like to join and I will provide you with separate pricing.

I look forward to hearing from you – Wendy Gedney, MD Vin en Vacances

Vin en Vacances
WINE & FOOD TOURS

